

# CITY OF DURHAM DUATHLON

MEADOWFIELD LEISURE CENTRE



RUN 5K BIKE 25K RUN 5K

SUNDAY 10<sup>TH</sup> APRIL 2011

## PHILIP ADDYMAN WINS CITY OF DURHAM DUATHLON

Summer weather arrived early for the capacity entry at the City of Durham Duathlon on Sunday 10 April. The sprint distance duathlon (5k off-road run, 26k hilly bike, 5k off-road run) is an established early season starter for both novice and experienced multisport athletes in the North East. A last minute route change added 1200m to the bike course, along with an extra 30m of elevation around Stanley Crook.

Veterans showed their class in both the men's and the women's races. A close finish between the first and second men home saw Philip Addyman (M40, Ryton Tri) pip Gary Grounds (M40, Biketraks) to the post by 6 seconds in a winning time of 1.22.44. Gary had been first out on the bike at 19:00, 3 seconds ahead of Jonathan Pryke (M, Leeds Met Triathlon Club) and these two battled it out all the way around - but they were overhauled by Philip who started the bike at 19:34 but put in a brilliant ride to finish 80 seconds ahead of Gary. It proved to be just enough of a buffer and set up a very exciting last lap of the final run.

RytonTri made it a clean sweep with Rachel Walmsley (F40) winning the Womens race in a time of 1.39.02. Rachel was 7 minutes ahead of her nearest rival, Emma Robinson (F40) (Unattached). Veterans completed the podium with Jenny Holland from Tyne Tri Club coming in third.

A new award was made this year entitled the "Mike Hall Trophy" for the first super vet novice. Mike Hall was a founder member of Durham Tri Club and former age group world, European and British Champion. He started triathlon in his late 50s and was a pioneer for the sport in the region. Mike sadly died last month and his widow Kim attended the race and was thrilled that the winner, Christopher Peacock, was competing in his first duathlon.

The race was organised by Durham Triathlon Club

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